

CLAIMS

1. A soccer training apparatus for improving skills, stamina, strength and agility, comprising:

a first and a second leg assembly; and

5 a cross member having a first and a second end adapted to receive said first and said second leg assembly, respectively, for supporting said cross member a predetermined distance above a reference surface, wherein said cross member provides an obstacle over which a user may jump to improve strength, or kick an object such as a ball to improve skills and agility.

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2. An apparatus for playing a game of soccer tennis, comprising:

a barrier member of predetermined length and having a first and a second end;

a first support member at said first end of said barrier member, and a second support member at said second end of said barrier member for supporting said barrier member a predetermined distance above the ground;

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wherein said barrier member provides a reference over which at least one player volleys a ball with their feet, head, chest or other part of their body.

3. An apparatus for use by one or more players for volleying a ball using any part of their body except their hands, comprising:

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a cross bar of predetermined length; and

a first and a second support member attachable to opposite ends of said crossbar for supporting said crossbar in a generally horizontal orientation above a surface and providing a reference height over which the ball is to be volleyed.

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4. A method for playing soccer tennis, comprising the steps of:

supporting a crossbar of predetermined length at a predetermined height above a playing surface by a first and a second support assembly attachable to opposite ends of said crossbar;

establishing a playing field substantially divided into two halves by said crossbar; and

with a player's feet, volleying a ball from one half of said playing field, over said crossbar, to an opposite half of said playing field.

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5. A method for one or more persons to play a game of soccer tennis, comprising the steps of:

providing a first and a second support assembly;

supporting a cross member in a substantially horizontal orientation between
10 said first and said second support assembly, said substantially horizontal cross member; and

kicking a ball in volleys over said cross member.

6. The method as defined in claim 5, further comprising the steps of
15 positioning a player on opposite sides of said cross member.

7. The method as defined in claim 5, further comprising the steps of kicking the ball over the cross member with at least one touch.

20 8. An apparatus for use in playing a game of soccer tennis, comprising:
a first and a second support assembly; and
a cross member assembly supported above a playing surface by said first and said second support assemblies.

9. The apparatus as defined in claim 8, wherein said first and said second support assemblies further include:

at least one leg, and

a coupler attached to one end of said at least one leg.

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10. The apparatus as defined in claim 8, wherein said first and said second support assemblies are adjustable in length.

11. The apparatus as defined in claim 8, wherein said cross member is a
10 predetermined length.

12. The apparatus as defined in claim 8, wherein said cross member is adjustable in length.

15 13. The apparatus as defined in claim 8 wherein said first and said second support assemblies comprise:

a first tubular member of predetermined diameter and length;

a second tubular member telescopically received within said first tubular member; and

20 a locking mechanism for fixing a relative position of said second tubular member to said first tubular member.

14. The apparatus as defined in claim 8, wherein said cross member comprises:

a first tubular member of predetermined length and diameter;

at least a second tubular member telescopically received within said first
5 tubular member; and

a locking mechanism interconnecting said first and second tubular member in a fixed relative position.

15. The apparatus as defined in claim 8, wherein each of said first and
10 second support assemblies comprises:

a coupler for interconnecting a respective one of said support assemblies to said cross member; and

a first and a second tubular assembly, each having a first end coupled to said coupler for providing a stanchion for said cross member.

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16. The apparatus as defined in claim 8, further comprising a coupler detachably coupled to an end of said cross member as well as one end of one of said first and second support assemblies.

20 17. The apparatus as defined in claim 8, wherein each of said first and second support assemblies are pivotally coupled to an opposite end of said cross member.

18. An apparatus for use as a goal, comprising:
- a first and a second support assembly; and
- a cross member assembly supported above a playing surface by said first and said second support assemblies: